

PERSONAL TRAINER

- Receive personal attention & get results!
- Exercise programs designed with your need & goals in mind!

Training Packages:

Single Session	\$55
8 Sessions	\$420
12 Sessions	\$600
16 Sessions	\$760

Invest in your health & wellbeing!

Whether your goals are to firm up, lose weight or increase endurance, our personal trainers can get you on track to seeing measurable results.

*Group sessions up to 4 people available for an additional \$20 per person per session

Personal Trainers:

Patti Cloar	502-314-8444	patticloar@gmail.com
Paul Salmon	502-693-5341	paul.salmon@louisville.edu
Bayley Thompson	502-529-1992	

*All trainers are certified personal trainers, group fitness instructors and CPR/First Aid

Free Consultations!
Contact today to set up an appointment!

